



CARDIO TENNIS - 2019

What is it?

- The ultimate fun group fitness class that includes cardiovascular workout, tennis, and games!
- Features the use of heart rate monitors to track your calorie burn and performance;
- Interval training;
- It's a party on the tennis court!
- Cardio Tennis brings the “sexy” back to tennis!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4.0+ 8 – 9 am				4.0+ 8 – 9 am	3.0+ 8 – 9am	
			3.0+ 9 – 10am			3.0+ 9 – 10am
	3.0+ 12 – 1pm	3.0+ 12 – 1pm				
3.0+ 6 – 7pm	3.0+ 6 – 7pm	3.0+ 6 – 7pm	3.0+ 6 – 7pm	3.0+ 6 – 7pm		

Program Prices:

10 pack -	\$169
20 pack -	\$285
Drop-in Rate -	\$21/class



For more information and a free trial, please email:
Thiago Santos -- tsantos@genesishealthclubs.com